

Keeping a Record of Bladder Function

Please complete a bladder log every day for 3 days and bring it to the clinic. Please do at least one day of specific urine output measurement (Method #3)

The main purpose of a bladder log is to document how your bladder functions. A log can give your health care provider an excellent picture of your bladder functions, habits and patterns. At first, the log is used as an evaluation tool. Later, it will be used to measure your progress o bladder retraining or leakage episodes.

Your log will be more accurate if you fill it out as you go through the day. It can be very difficult to remember at the end of the day exactly what happened in the morning.

INSTRUCTIONS

Column 1 - Time of Day

The log begins with midnight and covers a 24 hour period. Afternoon times are in bold. Select the hour block that corresponds with the time of day you are recording information.

Column 2 - Type & Amount of Fluid & Intake

- Record the type and amount of fluid you drank
- Record the type and amount of food you ate
- Record when you woke up for the day and the hour you went to sleep

Column 3 - Amount Voided (Urinated): Three methods

Record the time of day and amount voided. Use the first method unless directed by your health care provider to directly measure or count urine amounts. Record a bowel movement with a BM at the appropriate time.

1. Place an S,M,L, in the box at the corresponding time interval each time you urinate.
S- SMALL= seemed like a small amount, or urinated “just in case”.
M- MEDIUM= seemed like an 8 ounce measuring cup would run over.
L- LARGE= seemed like the amount you urinate when you first wake up in the morning.
2. If you have difficulty gaging the amount of urine, you may record seconds by counting “one – one thousand” (This equals one second) while emptying your bladder. Record the total number of seconds it took you to void.
3. Measure urine in amounts with a collection device. The best method is a collection “hat” that can be placed directly over the toilet. Some people use 2-4 cup measuring containers, but it is sometimes difficult to catch the urine with these. Record the measured ounces of urine in the box at the corresponding time interval each time you urinate.

Column 4 - Amount of Leakage

Record the amount of urine loss at the time it occurred.

- S- SMALL= drop or two of urine
- M- MEDIUM= wet underwear
- L- LARGE= wet outerwear or floor

Column 5 - Was Urge Present

Describe the urge sensation you had as:

1. MILD= first sensation of need to go
2. MODERATE= stronger sensation or need
3. STRONG= need to get to toilet, move aside!

Column 6 - Activity with Leakage

Describe the activity associated with the leakage, i.e. coughed, heard running water, sneezed, bent over, lifted something or had a strong urge.

KEEPING RECORD

Comments - (at the bottom of the log table) Special problems and new or changes in medication are recorded here. If a pad change was needed, record the number used during the day at the bottom of the page.

Daily Voiding Log Sample

Time of day	Type & amount of food & fluid intake	Amount voided in ounces or S/M/L or seconds	Amount of leakage S/M/L	Was urge present 1/2/3	Activity with leakage
Midnight					
1:00 am					
2:00 am					
3:00 am					
4:00 am					
5:00 am					
6:00 am	Woke up: 6:45 am	L		3	
7:00 am	Coffee, bagel				
8:00 am			M		Fast walking
9:00 am	Apple	M		2	
10:00 am					
11:00 am		S		1	Key in door
NOON	Tuna sandwich, milk, pear				
1:00 pm					
2:00 pm		M		2	
3:00 pm	Tea, cookies		S		Running water
4:00 pm					
5:00 pm					
6:00 pm	Chicken, corn pudding, salad, apple juice	M		3	
7:00 pm					
8:00 pm			S	3	
9:00 pm	To bed: 10:30 pm				
10:00 pm		M		3	
11:00 pm					

Comments: week before period

Number of pads: 2

Daily Voiding Log

Name: _____

Date: _____

Time of day	Type & amount of food & fluid intake	Amount voided in ounces or S/M/L or seconds	Amount of leakage S/M/L	Was urge present 1/2/3	Activity with leakage
Midnight					
1:00 am					
2:00 am					
3:00 am					
4:00 am					
5:00 am					
6:00 am					
7:00 am					
8:00 am					
9:00 am					
10:00 am					
11:00 am					
NOON					
1:00 pm					
2:00 pm					
3:00 pm					
4:00 pm					
5:00 pm					
6:00 pm					
7:00 pm					
8:00 pm					
9:00 pm					
10:00 pm					
11:00 pm					

Comments: _____

Number of pads used today: _____

Daily Voiding Log

Name: _____

Date: _____

Time of day	Type & amount of food & fluid intake	Amount voided in ounces or S/M/L or seconds	Amount of leakage S/M/L	Was urge present 1/2/3	Activity with leakage
Midnight					
1:00 am					
2:00 am					
3:00 am					
4:00 am					
5:00 am					
6:00 am					
7:00 am					
8:00 am					
9:00 am					
10:00 am					
11:00 am					
NOON					
1:00 pm					
2:00 pm					
3:00 pm					
4:00 pm					
5:00 pm					
6:00 pm					
7:00 pm					
8:00 pm					
9:00 pm					
10:00 pm					
11:00 pm					

Comments: _____

Number of pads used today: _____

Daily Voiding Log

Name: _____

Date: _____

Time of day	Type & amount of food & fluid intake	Amount voided in ounces or S/M/L or seconds	Amount of leakage S/M/L	Was urge present 1/2/3	Activity with leakage
Midnight					
1:00 am					
2:00 am					
3:00 am					
4:00 am					
5:00 am					
6:00 am					
7:00 am					
8:00 am					
9:00 am					
10:00 am					
11:00 am					
NOON					
1:00 pm					
2:00 pm					
3:00 pm					
4:00 pm					
5:00 pm					
6:00 pm					
7:00 pm					
8:00 pm					
9:00 pm					
10:00 pm					
11:00 pm					

Comments: _____

Number of pads used today: _____